



# March Newsletter



## MeRT: How it Can Help to Treat Childhood Autism

How does Magnetic e-Resonance Therapy (MeRT) Treatment help Childhood Autism?

No two cases of Autism are the same. Children may be on the same level as one another, however they have their own ways of dealing with the world and ways of communicating.

MeRT treatment protocols are tailored to each patient to help support their brain

Brain synchronization allows the child to be higher functioning... ultimately providing for a higher quality of life for both the patient and the parent.

so that they can function in a more optimal range of behaviors, a range most would consider normalcy, with appropriate levels of comfort. Each individual child has a different starting point based on where they are on the spectrum, and different goals. Regardless of where they

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## Magventure has Arrived!

We are very excited to announce that our Magventure chair has arrived in the Valencia office! Thank you, to those of you who have been patiently waiting with us for the arrival of our new technology.

If this is the first you have heard about our Magventure, let us share a bit about why all of the excitement.

For one, this technology does not require Magnetic Resonance Imaging (MRI). This opens pathways to care for children and those with fears about receiving MRIs.

Individuals do not need to go through another step in the process and can come straight to us for the Electroencephalogram (EEG).

The associated EEG allows for a child to sit in the parent's lap and is a bit less sensitive to movement, so useful with our somewhat fidgety folk.

Although this process can



*Magventure continued on Page 2*



*Magventure continued from page 1*

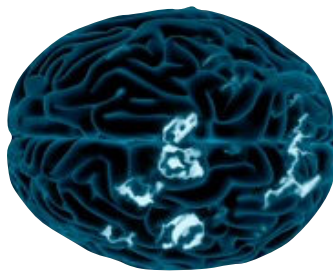
be used on anyone, it is particularly helpful with our Autism Spectrum Disorder (ASD) children and adults who may find the MRI discomforting.

We are currently booked out on the Magventure through

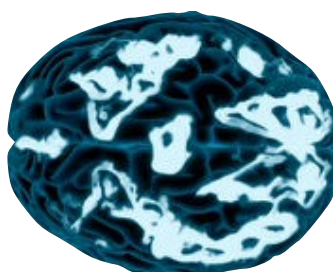
April so call now to get a spot on the waiting list.

See the comparison below showing the healthy brain (with neurons firing) and depressed brain (with neurons not firing).

Depressed Brain



Healthy Brain



## Spring has Sprung

**Flowers:** Time to clean out the cobwebs and fill your rooms with flowers! What are some fresh ways you prepare for Spring? Some of the ways I prep for Summer is I fill my garden beds with seeds from rareseeds.com and goodies from Green Thumb Nursery. However, since there are squirrels everywhere eating my garden goodies, I have looked inside for inspiration this year. Fresh herbs with a few flowers make a wonderful, cost effective and fragrant bouquet.

**Closet:** I don't need all those business suits from 2018, and to be realistic, I may never again slip into those smoking summer dresses. Time to Marie Kondo the closet and rid myself of

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start, improvements are generally seen and brain functioning improved. \*

MeRT protocols work by neuromodulating brain wave activity, optimizing brain communication which helps the brain to be more organized and in sync. Brain synchronization allows the child to be higher functioning, and in most cases, to have better communication skills, social skills, and more independence, ultimately providing for a higher quality of life for both the patient and the parent.

Some of the Benefits\* we have seen in addressing Autism with MeRT include:

- Improved sleep
- Longer sleep duration
- Less anxiety, more relaxed
- More independence
- Improved concentration and focus
- Better interaction with others
- Response to commands
- Improved mood
- Increased ability to cope with stress
- Greater attention span
- More sociability
- More motivation to learn
- Better emotional stability

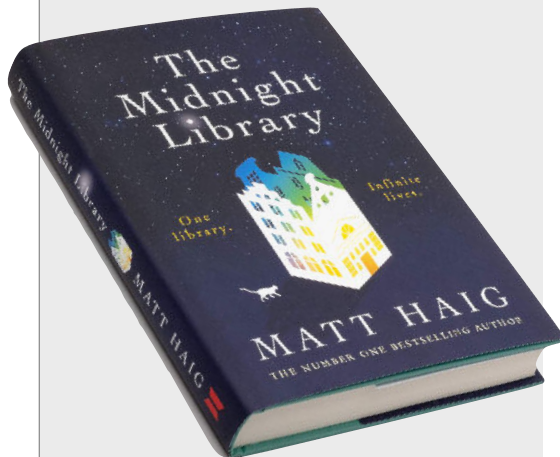
- Increased ability to adapt to change
- Greater self-confidence and self-esteem
- More "presence" in the world going on around them
- Improved language skills

For further information and testimonials, please see our website: [www.brainstimcenters.com](http://www.brainstimcenters.com)

*\* Results are based on active and strict observation of our regimens. Results may vary based on the individual user and are not guaranteed.*

## Reading List

I read a lot of academic books, so sometimes I just want my mind to relax and read something light. Here is what I am reading now:



- *The Midnight Library: A Novel*, by Matt Haig
- *Of Women and Salt*, by Gabriela Garcia
- *Fifty Words for Rain: A Novel*, by Asha Lemmie
- *Wish You Were Here: A Novel*, by Jodi Picoult
- *Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience*, by Brené Brown
- *Behave: The Biology of Humans at Our Best and Worst*, by Robert M. Sapolsky
- *Imaginable: How to See the Future Coming and Feel Ready for Anything—Even Things That Seem Impossible Today*, by Jane McGonigal
- *Unthought: The Power of the Cognitive Nonconscious*, by N. Katherine Hayles
- *When We Cease to Understand the World*, by Labatut Benjamin

## *Spring has Sprung continued from Page 2*

pre-covid clothing making more room for updated clothing.

**Office:** Arranging my books so I can swiftly identify them by category means I must disrupt my husband's rainbow arrangement – which do you prefer? Visual stimulation or easy access? Or a combination? Dust off those books and donate those you don't need any more to a library in your neighborhood.

**Computer:** Files! How many files can one desktop hold? Time to clean up, organize and find a better naming solution for files. Emails – oh who needs all those coupons from 2021 regarding a sale at a place you bought a gift from – once. Time

to delete old mail.

**Photos:** Do you miss polaroid? I do! Time to clean up the photos on the phone and computer, print and frame some good ones, erase the excessive silly ones of the cat and create more space.

**Life:** Is there something that you are holding on to that it is time to let go of, something that hurts to look at? Let it go. You don't need it anymore. Clear out space for flowers and good things in your life.



## BrainStim Podcasts

### *TMS Brain Power Podcast on Spotify*



Listen to TMS Brain Power Podcast on Spotify. Our latest episodes touch on the basics of neuroplasticity and what you should expect after you have been approved for TMS therapy and what happens on your first day of treatment. We also answer your questions such as whether your insurance cover TMS, what the first steps are that you would need to take to get help for yourself, and so many more.

### *Brain Power Podcast - YouTube*



Hello and welcome everyone to our new podcast. We want this to be a place for you to learn something and engage in a dialogue. Please feel free to leave a comment with any questions!!



## March Recipes

### Lemon Tea Cake

With lemons dropping on the ground, and my ducks and chickens laying more eggs than we can eat, all I can think of is cake. Cakes and lemon curd, but who has time these days to bake? Well here is a quick lemon tea cake sure to make a bit of bright joy in the



home!

#### Cake Ingredients

- ½ cup (1 stick) unsalted butter, softened
- Additional butter for greasing pan
- ½ cup sugar
- ¼ cup sour cream
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- Juice and zest of 1 medium sized lemon
- 1 tablespoon of sugar

#### Glaze Ingredients

- ¾ cup confectioners' sugar
- Zest and juice of about 1 small lemon

#### Directions

1. Preheat the oven to 350 degrees F.
2. With your fingers, mix Tbsp of sugar and zest together and let sit
3. Grease an 8-inch-square pan.
4. Cream butter and sugar in mixer until light and fluffy, but don't over mix - about 3 minutes.
5. Add the eggs one at a time while mixing, add the sour cream and vanilla.
6. Sift together the flour, baking powder and salt.
7. Add half the flour to the butter mixture and combine.
8. Add the lemon juice and zested sugar mix, the remaining flour, mix.
9. Bake until the cake springs back when lightly pressed, about 20+ minutes, dependent on your oven. Slip a toothpick in to be sure it comes out clean.
10. For the glaze: Combine the confectioner's sugar, lemon zest and lemon juice and mix well. Pour over the cake.
11. Let cool, enjoy!

If you are feeling like Springing in to your best figure, try my friend, periodontist and nutritionist, Dr Sanda Moldovan's delicious and healthy smoothies! @DrSanda

### Smoothie No. 1 — Kesar Pista (Saffron and Pistachio)

Saffron has a long history of medicinal use and is studied for positive mood effects.

#### Ingredients

- Pinch of saffron
- 2 Tablespoon warm water
- ¼ cup pistachios
- 1 medium banana
- ½ teaspoon cardamom seeds, ground to a fine powder
- 2 cups almond milk

### Smoothie No. 1 — Oatmeal Pear



#### Smoothie

Blend and enjoy!

#### Ingredients

- 1 large pear, seeded and chopped
- ½ cup almond milk
- ¼ cup low fat vanilla yogurt
- ¼ cup rolled or quick oats
- 1 cup ice cubes
- ½ tbsp maple syrup
- 1 tbsp almond butter
- ½ tsp finely grated ginger
- Pinch cinnamon

